

May 2012 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
April 30 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	1 1:30-7:30 *Law Day 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night/Games	2 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	3 9:30 Blood Pressure 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	4 Center is Closed
7 9:00 *Zumba Gold 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * Tai Chi	8 11:00 Exercise to Video 11:30 Spanish 1:00/6:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night/Games	9 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Over 90 and Loving It	10 9:30 Men's Discussion Group 9:30 Blood Pressure 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	11 Center is Closed Annapolis Trip
14 9:00 *Zumba Gold 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	15 11:00 Exercise to Video 1:00 Stitching Post 1:30 Caring for Yourself 1:30 Rummikub 5:30 Pizza Night/Games	16 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	17 9:30 Blood Pressure 11:00 Exercise to Video 1:00 Cards/Games	18 Center is Closed
21 9:00 *Zumba Gold 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	22 11:00 Exercise to Video 11:30 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night/Games	23 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	24 9:30 Blood Pressure 11:00 Exercise to Video 1:00 Cards/Games	25 Center is Closed
28 Center is Closed Enjoy the Holiday	29 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night/Games	30 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	31 9:30 Men's Discussion Group 9:30 Blood Pressure 11:00 Exercise to Video 1:00 Cards/Games	